

EMPLOYEE TRAINING RECORD		
TRAINING TITLE	Musculoskeletal Disorders	
<div style="text-align: center; font-weight: bold; margin-bottom: 10px;">KEY TEACHING POINTS</div> <ul style="list-style-type: none"> Musculoskeletal disorders are often used the same as repetitive motion injuries because the causes are generally the same. Ergonomic risk factors are the following aspects of a job that pose a biomechanical stress to the worker: <ul style="list-style-type: none"> Force (i.e., forceful exertions, including dynamic motions); Repetition; Awkward postures; Static postures; Contact stress; Vibration; and Cold temperatures. Musculoskeletal disorders (MSDs) are injuries and disorders of the muscles, nerves, tendons, ligaments, joints, cartilage and spinal discs. Exposure to physical work activities and conditions that involve risk factors may cause or contribute to MSDs. MSDs do not include injuries caused by slips, trips, falls, or other similar accidents. Examples of MSDs include: <ul style="list-style-type: none"> Carpal tunnel syndrome; Rotator cuff syndrome; De Quervain's disease; Trigger finger; Tarsal tunnel syndrome; Sciatica; Epicondylitis; Tendinitis; Raynaud's phenomenon; Carpet layers knee; Herniated spinal disc; Low back pain. MSD symptoms are physical indications that an employee may be developing an MSD. Symptoms can vary in severity, depending on the amount of exposure to MSD hazards. Symptoms often appear gradually as muscle fatigue or pain at work that disappears during rest. Symptoms usually become more severe as exposure continues (e.g., tingling continues after work ends, numbness makes it difficult to perform the job, and finally pain is so severe the employee cannot perform the job). Examples of MSD symptoms include: <ul style="list-style-type: none"> Numbness; Burning; Pain; Tingling; Cramping; Stiffness. MSD management is your process for ensuring that employees with covered MSDs receive prompt and effective evaluation, management and follow-up, at no cost to them, in order to prevent permanent damage or disability from occurring. In this standard, the MSD management process includes: <ul style="list-style-type: none"> Evaluation, management and follow-up of injured employees by persons in the workplace and/or by Health Care Providers; and A method for identifying available work restrictions and promptly providing them when needed. MSD management does not include establishing specific medical treatment for MSDs. Medical treatment protocols and procedures are established by the health care professions. Preventions for MSD <ul style="list-style-type: none"> Use proper body mechanics when performing tasks Use personal protective equipment appropriate to the tasks that you are performing Notify supervision immediately if symptoms occur so that it can be investigated or if you are diagnosed with a MSD Take frequent short breaks when performing repetitive tasks Be physically fit, stretch and warm up before performing manual tasks, eat properly. 		
TEST		
QUESTION		ANSWERS
		TRUE FALSE
1 Repetitive motion can cause a Musculoskeletal disorder.		
2 MSDs include injuries caused by slips, trips, falls, or other similar accidents.		
3 MSD management does not include establishing specific medical treatment for MSDs.		
4 Symptoms appear rapidly as muscle fatigue or pain at work that disappears during rest. Symptoms usually become more severe as exposure continues		
5 Musculoskeletal disorders (MSDs) are injuries and disorders of the muscles, nerves, tendons, ligaments, joints, cartilage and spinal discs.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE